



July 01, 2005

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Office of Nutritional Products
Labeling and Dietary Supplements (HFS-810)
Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740

JUL 13 2005

Pursuant to the requirements of Section 6 of the Dietary Supplement Health and Education Act of 1994, 21 U.S.C. 343 r (6) and in accordance with the authorized provisions of 21CFR 101.93, AdvoCare provides notification for statements on dietary supplement labels as follows:

The name and address of the manufacturer, packer or distributor of the dietary supplement that bears the statements:

ADVOCARE International, L.P.
2727 Realty Road
Carrollton, TX 75006

Product Name: Fiber Drink, Peaches and Cream Flavor

Statement(s)

Basis for Statement

Helps promote regularity

Gum acacia	Cellulose powder
Psyllium seed	Guar gum
Oat fiber	Apple pectin
Citrus pectin	Oat bran
Flax seed powder	

Helps provide a feeling of fullness, which helps curb appetite.

Gum acacia	Cellulose powder
Psyllium seed	Guar gum
Oat fiber	Apple pectin
Citrus pectin	Oat bran
Flax seed powder	

Contains a combination of fibers designed to support intestinal function, eliminate wastes and help maintain cholesterol levels that are already in the normal range.

Gum acacia	Cellulose powder
Psyllium seed	Guar gum
Oat fiber	Apple pectin
Citrus pectin	Oat bran
Flax seed powder	

Certification

The undersigned certifies that the information contained in this notice is complete and accurate and that AdvoCare International, L.P. has substantiation that the statements are truthful and not misleading.

Respectfully yours,

Sidney Stohs, Ph.D.
Senior Vice President, Research and Development
AdvoCare International, L.P.

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